

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 89 , 1 Issue

January 2019

Ord Fra Presidenten...

*What a great Julebord we had.
Thanks to everyone who helped.
The food was great.
The music was wonderful.
Singing around the tree is always
great fun. And Thanks to Teresa
for the Stray craft.*

Hurry for 2019!

*We have a great year ahead of us
as a lodge. Our January meeting
will be full of Norwegian Skills
and finishing our 2nd level
Musical Cultural skill program.
Join us.*

Godt nyttår (Happy New Year)

Phebe



SONS OF NORWAY

Our next meeting is on Saturday
January 12, 2019 at **12:00 pm** at:

Christ Lutheran Church
6500 East Stearns Avenue
Long Beach, CA 90815

Ample parking is available.

Our telephone number is (714) 928-5975.

Note: We do not meet in July or August.

We welcome everyone of all ages. You do not have to be Norwegian!

*Join us for a potluck lunch; bring a
favorite dish.*


*We will be finishing our Music Cultural
Skill Pin Level 2; and lots more.*



The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

**2018
Officers**

President:	Phebe Fricioni	(562) 430-5092
Vice President:	Johan Olsen	(714) 537-9646
Treasurers:	Troann Loy	(714) 963-4830
Secretary:	Terry Lord	(714) 369-2420
Membership Secretary:	Ginnie Wilcox	(562) 596-5616
Editor:	Troann M. Loy	(714) 963-4830
Cultural Director:	Phillip Knudsen	(562) 308-8763
Sunshine Sec:	Cleone Hatwan	(562) 633-6752
Historian:	Open	
Musician:	Open	
Counselor:	Troann Loy	
Greeters:	Jeanne Paige Phil Peterson	(562)429-3093 (562) 429-3093
Marshall:	Phillip Knudsen	(562) 308-8763
Marshall:	Loyd Wilcox	(562) 596-5616
Social Director:	Phebe Fricioni	(562) 430-5092
Trustee:	Cleone Hatwan	(562) 633-6752
Auditor:	Patricia Lampe	

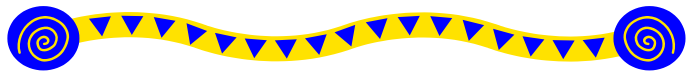


TUBFRIM

Save stamps for
TUBFRIM

Cut cancelled stamps off envelopes
leaving
1/4 to 1/2 inch
around the edges.

Deliver stamps
to any lodge meeting.



Bring your clipped stamps to our next Lodge meeting. Ginnie Wilcox is collecting them for us.

Ask Pat Kelly:

I have wonderful news for our members. Our investment products just increased their interest rates. The difference with investing your money with Sons of Norway are:

- 1) Guaranteed Safety of Principal
- 2) Guaranteed Minimum Interest Rates
- 3) Guaranteed Income for Life
- 4) High Current Interest Rates
- 5) Tax Deferred Accumulations
- 6) No Sales Charges
- 7) No Annual Service Fees
- 8) Penalty Free RMD Withdrawals for IRS's
- 9) Penalty Free Withdraws Beginning in Year Two
- 10) Safety and Security with over 120 years of Experience

Our **Financial Benefit Counselor Pat Kelly**

Phone: (818) 986 -7199
Cell: (818)667-6627
Fax: (818) 905-5785

Camp Norge. . .

Sons of Norway Recreation Center
2560 Canyon Mine Road (P.O. Box 622)
Alta, CA 95701
Telephone: 530-389-2508
campnorge@yahoo.com

*"A little bit of Norway in the
Sierra Mountains at Alta, CA"*

Camp Norge is a great place for family reunions, big or small church retreats, youth camp outings and snow trips. Camp Norge leaves plenty of space for individual and family use.

Remember! We are collecting our pennies for Camp Norge. Bring your pennies to the next lodge meeting. Jeanne and Phil will be collecting your pennies every month.

Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

#6-009 - Fridtjof Nansen Lodge

Sons of Norway Lodge Meeting 12/8/18

Start time is around 12:25 / called to order @ 1:20 / concluded approx 2:30

- **Welcome** to all our **Visitors, Special guests, Friends, Yulenisse**, and our famous **pianist Tanya**.
 - o This meeting holds the record for “largest attendance” this year.
- **Blessing & Lunch**
 - o Our room was once again beautifully decorated with china & Norwegian bottles of water. Thank you Ms Phebe.
 - o Today’s lunch was provided by the lodge – pork, ham, Waldorf & green salads, Phebe’s wonderful egg/veggy bake, cucumbers, and desserts. Homemade cookies by Ms Cleone and Ms Silvi’s famous cream puff log – Delicious.
- **Language Lesson** – hosted by **John Olsen**
 - o Today’s Language Lesson was focused on (you guessed it) the Norwegian Yuletide. 😊
- **Music with Tanya**
 - o Tanya played our favorite Christmas carols, as we belted out the words in unison.
 - o We strolled around the beautifully decorated Christmas tree singing our favorite “Round the Mulberry Bush”
 - o Then Yulenisse arrived with a bag of goodies for everyone
- **Birthdays** - We recognized the Birthdays for this month – **Virginia Wilcox, John Olsen, Gunvor Anderson**. **Happy Birthday!**
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Today’s announcements**
 - o **New officers** for a 2 year term - President = Phebe Fricioni, Vice President = John Olson, Secretary = Terry Lord
 - o **A new elected officer** for Treasurer is Troann Loy. Thank You Jeanne & Phil Peterson for their term.
 - o No 50/50 tickets were sold today because **we had a Boutique/Raffle/Silent Auction**. Here are the results:
 - Raffle = \$62; Food = \$58; Silent Auction = \$111 for a **Grand Total raised for the lodge \$231. WOW!!!!**
 - o A new Cultural District 6 Newsletter is out on our website.

- **Our next meeting is January 12, 2018.**
 - o Loyd will bring his famous Salmon soup. We will also have a Potluck
 - o And we may dabble in Cooking for Pins, so bring your aprons. 😊
- Troann closed the meeting with “**May Peace and Harmony prevail though out the lodge**”.

Netflix på norsk

Winter months are a great time to get cozy and catch up on your favorite tv shows. For subscribers to Netflix, there are an everincreasing number of Norwegian titles available. Have a look at the descriptions of the latest batch of Norwegian-made films and tv series.

- **Maniac / Maniac** – TV series - TV-MA A nondescript man in a mental hospital has an exciting life of adventure and romance – in his head. He may be insane, or maybe he’s just having fun. Mindbending, Offbeat, Absurd

- **Norsemen / Vikingane** – 2 seasons – TV-MA In 790 AD, the Vikings of Norheim have a hectic schedule that includes pillaging, plundering, enslaving others and solving problems with violence. Violent, Dark, Period Comedy •

The Last King / Birkebeinerne – Rated R In 1204 as civil war rages, Norway’s dying king entrusts two warriors to protect his infant son against internal forces determined to kill the heir. Exciting, Adventure, Period Piece Coming soon ... A new Netflix original series from Norway has just started production. “Ragnarok” is the story of a Norse god who comes back to life as a teenage boy. The six-part series is a mash-up of Norse mythology and a high school drama.

NETFLIX

A Bit of Humor:

A Norwegian, a Swede and a Dane made a bet about who could stay the longest in a stinky pig barn. They all went in at the same time. After only two minutes the Dane came running out. Five minutes later the Swede stumbled out the door. After ten minutes, all the pigs ran out.

Ole wore both of his winter jackets when he painted his house last July. The directions on the can said "put on two coats".

Ole was in trouble. He forgot his wedding anniversary. His wife, Lena, was really angry. She told him, "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 PRETTY DAMN FAST! The next morning Ole got up early and left for work. When Lena woke up, she looked out the window and sure enough there was a gift-wrapped box in the middle of the driveway. Confused, Lena put on her robe and ran out to the driveway and brought the box back in the house. She opened it and found a brand new bathroom scale. Ole has been missing since Friday.

www.nansenlodgelongbeach.com

Check out our website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our website running.

Kalendaren – Calendar



January 2019

- 1 – New Year's Day
- 12 – Lodge Meeting
- 21 – Martin Luther King Jr. Day

February 2019

- 2 – Groundhog Day
- 14 – Valentine's Day
- 14 – Sons of Norway founded 1895
- 18 – Presidents' Day

This Month's Birthdays. . . Gratulerer Med Dagen



February

- 10 – Erin Flair
- 16 – Valerie Sparr
- 20 – Kirsten Kennedy
- 27 – Teresa Broadhead
- 28 – Kirk Howe

Be a Lifelong Learner!

Start 2019 by exploring your heritage with one (or more) of our fascinating Cultural Skills topics. Dive into a new subject with lodge friends and earn a Cultural Skills pin to recognize your achievement. Or, expand your existing skills and be recognized with additional skill bars. Learn more from your local lodge's cultural director or log in at sofn.com and go to Member Resources.



Re-enactments Provide Glimpse into the Viking Age



Viking re-enactment groups are becoming more prevalent than ever, with groups popping up in the United Kingdom, mainland Europe and Northern America. Related Facebook groups may be a reason for the rise in awareness and popularity, with several groups each boasting thousands of members. Reenactment groups strive for authenticity in their activities, be it scenes from everyday life (baking, forging, gardening, carving) or participating in re-created battles. Many members of these groups study Viking life and culture in detail, from exploring ancient Viking sites, studying Norse sagas or scrutinizing artifacts and old trade routes. There are active online marketplaces for buying, selling and trading Viking replicated clothing, accessories and equipment. On websites such as Etsy one can source jewelry, tunics, headwear, footwear, tankards, shields, props and more. To get a real flavor for Viking re-enactment, check out a recent issue of National Geographic, "The Vikings, Lords of Sea and Sword." Re-enactors were used in photographs to illustrate in detail various aspects of Viking life.



Bring your box tops to the meeting.

We are supporting Christ Lutheran Church's Preschool.

A Hearty Warm-Up for a Chilly Winter's Eve: Grynsodd

You'll feel fortified and able to tackle any January task after enjoying a bowl of this full-flavored barley vegetable soup



Ingredients

3 Tbsp barley, soaked overnight
3 Cups water
½ leek, washed and sliced
2 celery tops with leaves, chopped
2 Cups beef stock or bouillon
2 Cups cabbage, washed and sliced
1 Cup carrots, sliced
½ Cup rutabagas, diced
3 potatoes, diced
Salt and pepper to taste
Fresh parsley, chopped

Optional ingredient:

1½ Lbs. beef chuck diced

Directions:

Step 1 Rinse the barley and soak it in cold water overnight.

Step 2 Add the barley and soaking water to large soup pot.

Step 3 Cut the leek in half and wash it well, then slice. Cut the celery and add both to the soup pot. Simmer for about 1 hour.

Step 4 Add the beef stock and sliced cabbage, simmer for 20 minutes. If you are adding the beef chuck, add it in this step.

Step 5 Add the carrots and rutabagas, simmer for another 10 minutes.

Step 6 Add the diced potatoes. Continue to simmer for another 15 minutes until the vegetables are firmly cooked, but not mushy.

Step 7 Serve hot from the stove sprinkled with the chopped parsley. Pair with a crusty, dark bread.

https://www.sofn.com/norwegian_culture/recipe_box/soups/vegetable_barley_soup_grynsodd/

Queen Sonja Makes a Gift of Her Original Art:

Queen Sonja is making a gift of her original artwork, "Kolåstind." The lucky recipient is the Norwegian Tourist Association (DNT), which is celebrating its sesquicentennial. The queen is an honorary member of the organization. She is giving away 45 copies of her work "Kolåstind." It was made using the woodblock printing technique. In the past, the queen has received accolades for her art. The prints are to be sold to members of the DNT. According to Queen Sonja's wish, proceeds will be donated to the DNT's cabin fund. The fund will ensure that DNT can carry out their work and make improvements. There are certain things that the organization cannot solve through volunteerism. "This is a strong acknowledgment from the queen that shows the significance of our cabins. We will continue to make them available to the public. The queen is really giving a gift to the Norwegian people," says Dag Terje Klarp Solvang, the Secretary General of DNT. DNT has set the price per print at 25,000 kroner [US \$2,950/ CAN \$3,885] for members. They cost 100,000 kroner [US \$11,800 / CAN \$15,545] for businesses that are members.



Join Sons of Norway Join Sons of Norway and enjoy the benefits of being a member. Visit the Sons of Norway website and explore what we have to offer. You can sign up or renew your membership. Go to www.sofn.com

Save the Date September 10–15, 2019 Camp Norge Camp Oldfjell
Folkehogskule for Voksne (**Folk School for Adults**) Cultural Skills classes
and more E.g. music, literature, hardanger, Vikings, etc

We want to reach out and help another charity. As a Sons of Norway member we have a mission to help others. In this case the Ronald McDonald's house. They collect soda can pop tabs. Collecting pop tabs is a great way to raise funds to help children and their families at the same time.

Bring you pop tabs to the Greeting table at the lodge meeting.



Note from Editor – I owe Luella and all you readers an apology. I forgot to put Luella's article in the December Newsletter. A worthy article:

Give the Gift of Heritage

Christmas is when I really remember my Norwegian heritage. That was the time of the year we had lefse and meatballs that grandma Grangaard made. Of course there was lutefisk. We read the Christmas story every year. And I remember the gifts and Santa, but now as an adult I wish I had learned more about my heritage growing up. That my Norwegian heritage and culture was more than lefse and something we celebrated only at Christmastime. It would have been a great gift.

Heritage is a very special gift to share with family and friends. Those of you reading this realize this because you are a Sons of Norway member. This year give the gift of a membership to Sons of Norway. It is very easy to do. You can do this online https://www.sofn.com/join_or_renew/ or call Sons of Norway 1-800-945-8851 ext. 4654 and sign up a family member or a friend.

Have a joyful holiday season.

Luella

Luella Grangaard
District Six President



HRH Princess
 Ingrid
 Alexandra ¶
 Birth-Day: ¶
 1/21/19 ¶
 She turns 14. ¶
 She is second
 in line to
 succeed her
 grandfather ¶
 King Harald V. ¶



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